

Arable kids

Lets get creative!

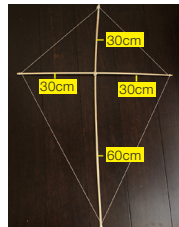
Make a Kite

To make your own paper kite you need:

- Two wooden dowels, cut to 90cm and 60cm lengths.
- 1 metre wide sheet of paper (or several smaller sheets taped together to make a large one)
- Acrylic paints
- Twine
- Tape
- Ribbon or fabric scraps

Start by painting the large sheets of paper. You can use paints, stencils, cut-outs from magazines and so on. Make your colours bright and bold so they stand out when your kite is up in the air.

To build the kite frame tie together the two dowels into a cross. Next tie a length of twine from one end of the dowel to the next. Figure 1.



Lay the kite frame out on to the painted artwork and trim the paper to size. Leave a 5cm border around the kite frame for folding and finishing the kite.

Start by folding the corners in and securing with tape. Next, fold the side seams over the twine and secure with tape along the entire length of the fold. Figure 2.



Find the mid-point of the two sections of the longer dowel and use scissors or a craft knife to cut a small slit in the kite at those locations. Reinforce the holes with a small piece of tape on each side of the kite.

Tie a length of twine to the dowel at the first slit location and feed the string through the slit to the front side of the kite. Feed the string back through the other slit and finish by tying it to the dowel on the back side of the kite. Figure 3 and 4. Make sure that the string is NOT pulled tightly on the front side of the kite, but that it has a good amount of slack in it to create the kite's bridle.



Tie the string that you will use to fly the kite to the center of the bridle on the front side of the kite, and tie on some ribbons or fabric scraps to create the kite's tail.

All done and ready to fly!

Apple Snack Cake

Ingredients:

- 5 cups unpeeled, cored apples
- 3/4 cups sugar
- 1/3 cup oil
- 2 eggs, lightly beaten
- 1 1/2 tsp vanilla extract
- 1 1/2 cups whole wheat flour
- 1 1/4 tsp baking soda
- 1 1/2 tsp ground cinnamon

Preheat oven to 175°C and grease a medium size baking pan.

Chop apples into small pieces and combine with sugar in a large bowl. Stir until evenly mixed, set aside.

Combine oil, eggs, and vanilla in small bowl.

In another large bowl, sift together flour, baking soda and cinnamon.

Combine egg and flour mixtures until evenly mixed, then slowly add to apples. Stir until well combined.

Spread mixture evenly into prepared baking pan.

Bake 25-30 min or until cake is done.

Cool before serving.

Enjoy!

